

TIPS FOR NEW NONSMOKERS

Facing Boredom

What To Expect

- You may take a break at work and find that you now have nothing to do.
- You may feel very bored when waiting for something or someone (a bus, your spouse, your kids).
- Many smokers say they sometimes smoke to overcome boredom.

What To Do

- Plan more activities than you have time for.
- For those empty minutes, make a list of things you like to do.
- Move! Do not stay in the same place too long.
- Carry a book, magazine, or crossword puzzle for waiting times.
- Notice what is going on around you. (Look at the shape of the buildings you pass, listen to the sounds outside around you.)
- Carry something, such as a cell phone, to distract yourself.
- Listen to a favorite song.
- Go outdoors, if you can, but not to places you associate with smoking.
- You may get very bored when taking a break. You will need to replace a smoke break with a brisk stroll.

Source: National Cancer Institute



DEPARTMENT OF
**PUBLIC HEALTH
AND WELLNESS**

Louisville Metro Department of Public Health & Wellness and
Kentucky Cancer Program coordinate the Cooper/Clayton
Method to Stop Smoking program in collaboration with community
partners.

